

**Full Report (All Nutrients) 01130, Egg, whole, cooked, omelet**

Report Date:December 09, 2015 18:59 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 large 61g
<b>Proximates</b>						
Water	g	76.13	--	--	11.42	46.44
Energy	kcal	154	--	--	23	94
Energy	kJ	643	--	--	96	392
Protein	g	10.57	--	--	1.59	6.45
Total lipid (fat)	g	11.66	--	--	1.75	7.11
Ash	g	1.01	--	--	0.15	0.62
Carbohydrate, by difference	g	0.64	--	--	0.10	0.39
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.31	--	--	0.05	0.19
Sucrose	g	0.00	--	--	0.00	0.00
Glucose (dextrose)	g	0.31	--	--	0.05	0.19
Fructose	g	0.00	--	--	0.00	0.00
Lactose	g	0.00	--	--	0.00	0.00
Maltose	g	0.00	--	--	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca	mg	48	--	--	7	29
Iron, Fe	mg	1.48	--	--	0.22	0.90
Magnesium, Mg	mg	11	--	--	2	7
Phosphorus, P	mg	167	--	--	25	102
Potassium, K	mg	117	--	--	18	71
Sodium, Na	mg	155	--	--	23	95
Zinc, Zn	mg	1.09	--	--	0.16	0.66

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 large 61g
Copper, Cu	mg	0.063	--	--	0.009	0.038
Manganese, Mn	mg	0.024	--	--	0.004	0.015
Selenium, Se	µg	25.8	--	--	3.9	15.7
Fluoride, F	µg	21.2	--	--	3.2	12.9
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.034	--	--	0.005	0.021
Riboflavin	mg	0.386	--	--	0.058	0.235
Niacin	mg	0.064	--	--	0.010	0.039
Pantothenic acid	mg	1.289	--	--	0.193	0.786
Vitamin B-6	mg	0.143	--	--	0.021	0.087
Folate, total	µg	39	--	--	6	24
Folic acid	µg	0	--	--	0	0
Folate, food	µg	39	--	--	6	24
Folate, DFE	µg	39	--	--	6	24
Choline, total	mg	247.6	--	--	37.1	151.0
Betaine	mg	0.2	--	--	0.0	0.1
Vitamin B-12	µg	0.76	--	--	0.11	0.46
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	172	--	--	26	105
Retinol	µg	169	--	--	25	103
Carotene, beta	µg	28	--	--	4	17
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	8	--	--	1	5
Vitamin A, IU	IU	617	--	--	93	376
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	423	--	--	63	258
Vitamin E (alpha-tocopherol)	mg	1.29	--	--	0.19	0.79
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.03	--	--	0.00	0.02
Tocopherol, gamma	mg	2.41	--	--	0.36	1.47
Tocopherol, delta	mg	0.74	--	--	0.11	0.45
Vitamin D (D2 + D3)	µg	1.7	--	--	0.3	1.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 large 61g
Vitamin D3 (cholecalciferol)	µg	1.7	--	--	0.3	1.0
Vitamin D	IU	69	--	--	10	42
Vitamin K (phylloquinone)	µg	4.5	--	--	0.7	2.7
<b>Lipids</b>						
Fatty acids, total saturated	g	3.319	--	--	0.498	2.025
4:0	g	0.003	--	--	0.000	0.002
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.003	--	--	0.000	0.002
10:0	g	0.005	--	--	0.001	0.003
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.030	--	--	0.004	0.018
15:0	g	0.008	--	--	0.001	0.005
16:0	g	2.259	--	--	0.339	1.378
17:0	g	0.021	--	--	0.003	0.013
18:0	g	0.963	--	--	0.144	0.587
20:0	g	0.014	--	--	0.002	0.009
22:0	g	0.009	--	--	0.001	0.005
24:0	g	0.004	--	--	0.001	0.002
Fatty acids, total monounsaturated	g	4.843	--	--	0.726	2.954
14:1	g	0.006	--	--	0.001	0.004
15:1	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.171	--	--	0.026	0.104
17:1	g	0.012	--	--	0.002	0.007
18:1 undifferentiated	g	4.626	--	--	0.694	2.822
20:1	g	0.029	--	--	0.004	0.018
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
24:1 c	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	2.712	--	--	0.407	1.654
18:2 undifferentiated	g	2.319	--	--	0.348	1.415
18:3 undifferentiated	g	0.133	--	--	0.020	0.081
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c	g	0.015	--	--	0.002	0.009
20:3 undifferentiated	g	0.020	--	--	0.003	0.012

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 large 61g
20:4 undifferentiated	g	0.158	--	--	0.024	0.096
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:4	g	0.011	--	--	0.002	0.007
22:5 n-3 (DPA)	g	0.006	--	--	0.001	0.004
22:6 n-3 (DHA)	g	0.049	--	--	0.007	0.030
Fatty acids, total trans	g	0.709	--	--	0.106	0.432
Cholesterol	mg	313	--	--	47	191
Phytosterols	mg	10	--	--	2	6
<b>Amino Acids</b>						
Tryptophan	g	0.140	--	--	0.021	0.085
Threonine	g	0.467	--	--	0.070	0.285
Isoleucine	g	0.565	--	--	0.085	0.345
Leucine	g	0.913	--	--	0.137	0.557
Lysine	g	0.767	--	--	0.115	0.468
Methionine	g	0.319	--	--	0.048	0.195
Cystine	g	0.229	--	--	0.034	0.140
Phenylalanine	g	0.572	--	--	0.086	0.349
Tyrosine	g	0.420	--	--	0.063	0.256
Valine	g	0.722	--	--	0.108	0.440
Arginine	g	0.690	--	--	0.104	0.421
Histidine	g	0.260	--	--	0.039	0.159
Alanine	g	0.618	--	--	0.093	0.377
Aspartic acid	g	1.117	--	--	0.168	0.681
Glutamic acid	g	1.407	--	--	0.211	0.858
Glycine	g	0.363	--	--	0.054	0.221
Proline	g	0.431	--	--	0.065	0.263
Serine	g	0.817	--	--	0.123	0.498
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0